



Annual Report

Fiscal Year July 1, 2018 – June 30, 2019



Mission Statement

Promoting Wellness, Dignity & Independence for Seniors



Letter from Leadership

Dear Supporters and Partners:

We are pleased to send you this Annual Report summarizing the highlights of our work supporting seniors and adults with disabilities in the Central City of San Francisco. As one of our supporters, partners, and ambassadors, we thank you for joining our efforts in Promoting Wellness, Dignity & Independence for Seniors.

First and foremost, we acknowledge the unique model of integrated care which is Curry Senior Center: led by Curry Senior Center the non-profit and the Department of Public Health. Together with nutrition partner, Project Open Hand, and community builder partner, Saint Anthony's Foundation, we provide a client-centered approach for every senior every day of the year.

This past year we deepened our impact through the addition of more front-line staff working directly with seniors. New team members include Behavioral Health Navigators, Health Educators and Peers to connect with the most isolated seniors. We also expanded new partnerships with Medical Respite and Stepping Stone Adult Day Health and expanded on-site Wellness Nursing to the Cadillac Hotel.


Curry also advanced its digital blueprint with the adoption of a new electronic health record EPIC, which is much more versatile and able to communicate directly with the other health systems in San Francisco. And Senior Vitality Program — which connects seniors at home to health and technology resources — has completed a second year of continuing to build seniors' digital literacy and ability to remain living independently at home in the digital age.

Finally, the Center has led the way in signing up new seniors for CalFresh benefits (food stamps), finding new audiences with LGBTQ podcasts, helping with safe streets through Vision Zero, and will be a neighborhood center helping clients to navigate the 2020 Census.

Thank you and in partnership,



David Knego
Executive Director



Valerie Gail Williams
Health Center Director



Justin Morgan, MD
Medical Director

Board of Directors

Board President

Jonrie Davila
Senior Associate
Stanford University

Vice President

Shirley Quitugua
Vice President
Bank Of Guam

Secretary

Robert A. Razzo
Project Architect
Boulder Associates Architects

Treasurer

Zack Schiller
Financial Advisor
Morgan Stanley Private Wealth Management

David Bickham
Equity Partner
Reed Smith, LLP

Diane Dwyer
Principal
Dwyer Media Strategy

Ja Eun Guerrero Huh, LCSW
Senior Project Administrator
Bitfocus

Hannah Lincecum, SHRM-CP
Northern California HR Manager
Reed Smith LLP

John McKinnon
Owner
Voilà Events

Pattie Pritchett
Deskside Support Specialist
Reed Smith, LLP

Sasha Selvam
Assistant Vice President
Marsh USA, Inc.

Diane Sklar, M.D.
Physician
Kaiser Permanente Medical Center, San Francisco

Arielle Slam
Senior Project Manager
One Medical, San Francisco

Richard Sullivan
Tax Collector, City of San Francisco
Retired

Julie Barmeyer Valente
Director of Commercial Strategy & Operations
Honor

Wendy Zachary, M.D.
Physician of Internal Medicine and Geriatrics
California Pacific Medical Center

Alice Zhang
Governance Consulting
XCEO, Inc.

Executive Leadership

Sherri Barnes
RN, Nurse Manager

Arlo Bushnell
Director of Development

Angela Di Martino
Wellness Program Manager

Daniel Hill
Senior Program Manager

David Knego
Executive Director

Justin Morgan, M.D.
Medical Director

Toby Shorts
Senior Center Director

Ann Tuszynski, LCSW
Director of Clinical Programs

Valerie Williams
Health Center Director



Curry Health Center

The core of Curry Senior Center's array of services, the Primary Care Clinic, was established during the founding of our organization and in partnership with the San Francisco Department of Public Health. The Health Center offers preventive and primary health care by appointment, on a drop-in basis, and through house calls. Additional services include pharmacy, podiatry, psychiatry, eye-screening, and women's health. The Curry Health Center is also a sought after teaching site for UCSF nurse practitioner students, internal medicine residents and pre-med college students.

The importance of our partnerships stem from the challenges of many of Curry's seniors: isolation, low-income, and minimal support from family or friends. The core health services are integrated with a wide-array of programming, allowing independence for our seniors for as long as possible. This past year we focused on a few priorities:

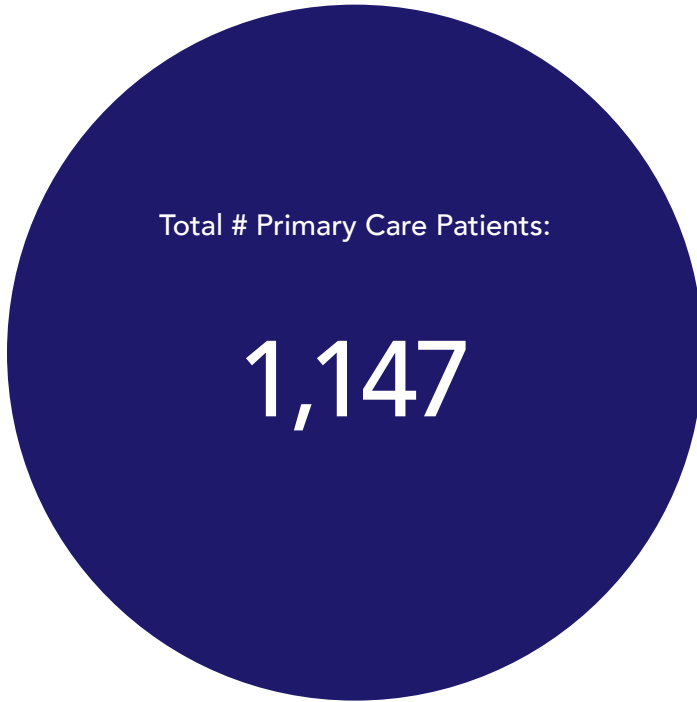
- Depression Screening
- Tobacco Cessation Counseling
- Hypertension Control for African Americans
- Post-Hospital Discharge Follow-Up Calls

This year, Curry Senior Center and the San Francisco Department of Public Health began implementation of our new electronic health record (EHR) system, called "Epic". Epic brings our entire network of care closer together. It allows us to provide even better patient care and improve patient experience. Not only will a unified health record system for our network be an extraordinary benefit to our staff, it also gives our patients online access to their health records and the ability to manage appointments, request prescription refills and message their primary care provider.



Curry Health Center

Some Interesting Statistics About The Curry Clinic:



Patients Over Age 65:



Primary Language Not English:



Office-based visits



Home visits:



Demographics by Race/Ethnicity:

White



Asian



Black/African American



Hispanic/Latino



Senior Center

The Senior Center aims to reduce older adult isolation through opportunities in education, cultural celebration, and community engagement. To complement the nutritionally sound meals in the Dining Room, the Senior Center also offers a variety of culturally appropriate meals throughout the week. Curry's computer lab is open Monday through Saturday, providing much needed internet and computer access to participants in English, Vietnamese, Russian, and Chinese.

Activities and Events

Social Programming at Curry brings older adults together for companionship, cultural awareness, and entertainment. Programs range from T'ai Chi to Virtual Reality tours. Curry also hosts a Safe Streets for Seniors advocacy group in which participants identify goals to further San Francisco's Vision Zero mission and advocate these goals to city officials. Participants benefited from a total of 4,948 hours of social programming last year.

Revolting Seniors Podcast

Revolting Seniors, the LGBTQ podcast, surpassed 1,100 unique downloads last year. Each week, the group records discussions touching on topics from the legacy of the AIDS crisis to aging as a part of the LGBT experience. The participants have interviewed representatives from Mutville Senior Dog Rescue, Alzheimer's Association, and the Department of Disability and Aging Services, among others. 104 hours were dedicated to podcast planning and recording last year.

Translations

Our multicultural staff at Curry have provided over 1,081 hours of translation both onsite and while accompanying clients to offsite medical appointments, government offices, and with residential management at their homes. They run programs in Cantonese, English, Lao, Russian, Spanish, Tagalog, Thai, and Vietnamese, making certain that no senior is denied access based on language capacity. These same staff also assist in enrolling participants in CalFresh, MediCal, EatSF, and more, totalling almost 400 hours.

Cal Fresh

Curry is now a designated site to sign up seniors for CalFresh (Food Stamps) with an eligibility worker who is able to evaluate client income and determine benefit levels on site rather than in the very busy CalFresh office on Harrison Street. This partnership with the Human Services Agency and the State of California has enabled more seniors to enroll in the newly expanded Supplemental Nutrition Assistance Program.



Dining Room

In partnership with Project Open Hand, Curry Senior Center offers breakfast and lunch every day of the year. The Dining Room is more than just meals for our seniors, it's a way to encourage connection and build a sense of community. The Dining Room has a wide range of services including a Nutritionist who offers weekly presentations for our seniors. We also host events like an 'old-school sock hop' and Karaoke on a quarterly basis.



By the Numbers:

4,018

hours of volunteer assistance
serving meals by individuals
and organizations

46,994

breakfast meals

77,768

lunch meals

Drop-In Center

The Drop-In Center located next to the Curry Dining Room, is a low-threshold, walk-in engagement program to establish a sense of community and equity among our seniors. The Drop-In Center has experienced great enthusiasm and interest for new programming. For many years, what used to be known as the "T.V. Room" is slowly, but surely turning into a thriving, fun center with a variety of daily wellness and social programs. Typically, the staff create the ideas for programming and give it a test run to see if clients are interested, but recently there has been an influx of ideas and feedback from clients which was quite hard to manage a year ago. Now we are seeing improvement in attendance and program ideas.

New Programs:

- **Stress Busters:** Presented by San Francisco Friends Who Care — provides skits and presentations on stress and stress management.
- **Senior Haircuts:** The San Francisco School of Esthetics and Cosmetology provide free haircut vouchers for our clients.
- **Chair Exercise:** Staff facilitate simple chair exercises to promote health and wellness.

"I love coming to the Curry Drop-In Center to see my friends. We play bingo together and attend the women's group on Sundays. Friendly staff and fun things to do."

— Dorothy W., a Curry Senior

By the Numbers:

397

The Drop In Center's year-end goal was to serve 150 seniors with wellness-based activities. We served 397 seniors, 264% of our goal!

163

The highest ethnicity served is the African-American population. We served 163 African-American seniors with wellness based and social activities.

70%

In the annual Client Satisfaction Survey, we found that 70% of participants attending five or more programs reported an increase in socialization.

Case Management

Case Management collectively assesses the needs of our seniors and their support system and coordinates, monitors, evaluates, and advocates for services to meet each client's complex needs. The core focus of case management is to maintain a supportive relationship with the client in order for him or her to accept and benefit from services.

We have initiated a new program working with the Medical Respite program to connect with Curry patients who are homeless. Building this relationship, in tandem, with their Curry health care provider, will help staff build trust, and commitment to complete the hard work of finding and maintaining permanent housing.

Behavioral Health

Curry Senior Center's Behavioral Health programs include both mental health and substance use disorder services for seniors who have clinical depression, anxiety and/or addiction issues that interfere with everyday functioning. Our work is done through individual and group counseling, and home visits. Curry is one of the few programs that provide therapy in the home of seniors who are too frail or fearful to leave their homes, which decreases isolation for our seniors.

One of the biggest successes of this past year was a new partnership we created with Golden Gate for Seniors, a residential program for homeless seniors. Our staff now provide weekly group sessions for homeless seniors working on issues of concern to each person. In addition to our clinical work, we are also providing comprehensive case management at Golden Gate to get this frail population housed after their residence in rehab is complete.

By the Numbers:

499

of home visits

19

of homeless seniors housed

121

of rides and escorts provided for seniors who might not make the appointment on their own — 121 per month

810

Group Sessions

554

Individual Sessions

120

Case Management Sessions

Addressing the Needs of Socially Isolated Older Adults

The Peer Outreach Program at Curry has operated for four and a half years of a five year contract funded through the Mental Health Services Act of California. Two years ago, Curry partnered with UCSF Researcher, Carla Perissinotto, MD, to measure the impact the Peers were having on the lives of the isolated/lonely seniors they were seeing regularly.

Seniors are assessed at admission to the program every six months and after using validated measures which include the Duke Isolation Scale, 3-item UCLA Loneliness scale, and the PHQ2 Depression Screening. This year we have sufficient follow-up data for participants to report findings on the work we are doing. The results are impressive, Carla Perissinotto states, "I am really excited, because this is an incredible addition to the evidence base for interventions for loneliness. This is one of the first interventions in the United States focusing on older adults and really examining the barriers to connection, and seeing if a peer program can have positive effects that extend to a year and potentially longer. The results of this program also help us show that important work is happening in the community and can be a model for other community based and publically funded programs."

To date, the median age of participants is: 69; diverse with 31.1% African American, 13.8% Latino, 18.9% Asian and 31.1% White. 34.6% of the sample have mobility limitations and 20.5% have visual impairments. When asked about barriers to connecting, 71.3% reported concerns with neighborhood safety, 22.7% because of incontinence and 67.6% because of physical ability, among other concerns. From their start in the program and after the 12 month follow-up period, 100% of participants noted that they would recommend the peer program to others. During the course of the year participants moved from moderate/high loneliness to low levels of loneliness and they had a reduction in perceived barriers to connection. Overall, their levels of social isolation remained the same.



***"He is a good person.
I'm really glad he comes
to visit."***

— a Curry Senior about their Peer

Wellness Programs

Curry's Wellness Programs, which started in July 2017, continue to thrive and expand this year. Wellness programs for clients include health education (individual and group classes), one-on-one health coaching and presentations, wellness nursing services in the home, and Senior Vitality. These programs build life skills and support clients in promoting healthy eating and physical activity. Wellness activities for staff members include fun and informational group activities, such as healthy eating events and fitness challenges.

"I'm learning how technology can help me to maintain/improve my health."

— a Curry Senior

Program Activities for Clients Include:

Chronic Disease Self-Management Classes: Six-week classes focused on teaching strategies to manage diabetes, heart disease, arthritis and other chronic illnesses, through a focus on healthy eating, exercise, stress management, action planning and goal setting. Each senior sets individual health goals and works for six weeks on meeting those goals.

Health Classes and Workshops: Curry continues to offer popular classes such as Food Smarts, which teaches clients healthy eating tools and recipes, and monthly presentations on topics related to the health of older adults. This year, two new classes have been offered: Walk with Ease, a walking program to help clients with arthritis and osteoporosis, and Life Without Tobacco, a smoking cessation class developed with the support of the American Cancer Society's program, Smoke-Free Public Housing. In April, Curry also participated in the National HealthCare Decision Day, offering workshops about Advance Care Planning in English, Cantonese and Vietnamese.



Wellness Programs

Wellness Nursing in the Home: After the completion of the successful 18-month Wellness Nursing Pilot Program with Tenderloin Neighborhood Development Corporation (TNDC) in March 2019, Curry continued its partnership with TNDC, and has now added the Cadillac Hotel with a Registered Nurse and Health Educator on-site in SRO (Single-Room Occupancy) housing to support residents with health information, support and referrals to help them age in place.

Senior Vitality: This 12-month program aims to enable clients to better manage their health and well-being through in-home internet access, technology training and health coaching. Sixty seniors are served annually, including 30 clients enrolled in the Russian and Cantonese-speaking groups. In addition, Curry has created a follow up 12-month "Maintenance Program" for Senior Vitality graduates to continue learning technology skills in a group setting.

By the Numbers:



clients attended health education classes, presentations and coaching



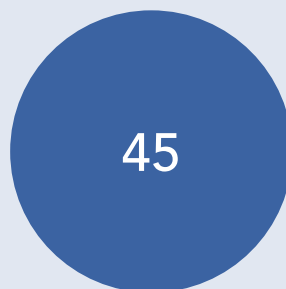
residents enrolled in Wellness Nursing Pilot Program



clients attended one-on-one visits with health educator



clients graduated from six-week health education classes



clients attended Curry's Annual Health Fair



percent of clients graduating from Senior Vitality and continuing onto follow-up programs

Client Stories

#1

A longtime resident of San Francisco, Mr. M worked as a weekend building monitor at a large apartment complex in Nob Hill, and as compensation, he was given a small apartment. He had been receiving support from a Curry Senior Center case manager for four years, as he managed complex physical disabilities.

Mr. M. lost his home when the building owner decided that he wanted Mr. M's apartment available for rent. Without the financial resources for a deposit or enough monthly income to rent another space, Mr. M. found himself homeless. He had to give up his much-loved pet and enter a shelter.

He was in the shelter for almost a year. During that time, he lost a great deal of weight and his physical disabilities worsened. Emotionally, he grieved the loss of his home and his pet. However, despite the shock of his circumstances, he drew hope from his faith and received support from his Curry Caseworker. "Curry was always there for me." In turn, Mr. M. provided hope and strength to other shelter residents.

At the beginning of 2018, one of Curry's 13 residential apartments became available and the Case Management team recommended that Mr. M. receive housing and a disbursement from Client Assistance Funds for household goods. Now Mr. M has been in Curry housing for 8 months and has a new pet. A provider assists him in maintaining his home. The entire experience was life changing. He can now live in a dignified manner.



Client Stories

#2

Mr. H, aged 77, walks to Curry Senior Center from his home almost every other day. He patiently waits in the Curry lobby for his Case Manager or the Behavioral Health Navigator (BHN) to say that he has a few things on his mind: he is either looking for his brother, complaining of pain in his foot, demanding to know of his check arrivals, and more recently needing assistance with his teeth.

Mr. H has a history of alcoholism and a moderate level of cognitive impairment where he is unable to properly manage his own finances and responsibilities. His speech is mumbled and his thoughts are patchy.

BHN escorts Mr. H to his appointments to make sure that he stays calm and does not wander off while he is waiting to be seen. She asks necessary questions to prepare him for what is to come, clarifies any misunderstandings that Mr. H and health professionals may have, provides transportation for a safe return, and other support that may be needed during his appointments.

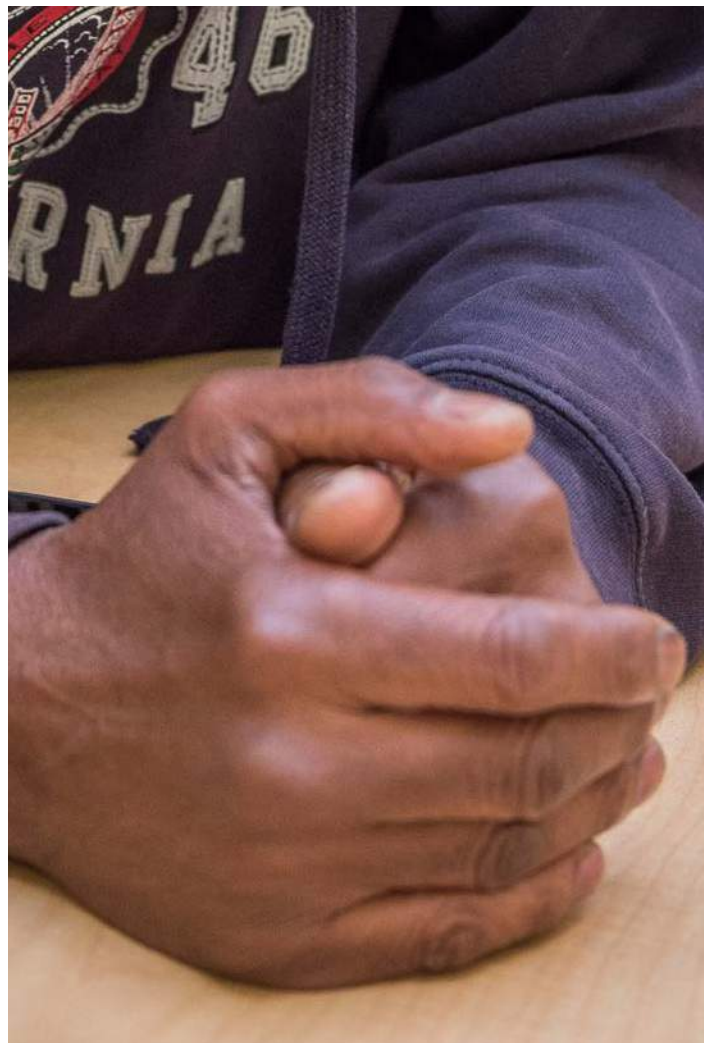
According to his Case Manager, Mr. H has needed dentures for a very long time. In October 2018, Mr. H was scheduled for a consultation at South of Market Dental Clinic. As a team, the dental assistants and BHN coordinated a plan to successfully obtain the most affordable option for dentures and the BHN scheduled Mr. H's appointments all within one month so he would not have to pay additional shared cost out-of-pocket. Mr. H's Rep Payee was informed of this expense and paid the bills.

During each visit, the dentist interacted well with Mr. H. He referred to him as "Mr. H" and Mr. H smiled when his name was called. Mr. H gestured for BHN to come along with him. Even though the dentist spoke directly to Mr. H about the details of his visit, most times Mr. H did not engage in conversation, so the BHN repeated what the dentist said to Mr. H and asked questions to the dentist on behalf of Mr. H.

Out of the eight visits BHN scheduled with SOM Dental, Mr. H attended seven. The day Mr. H was able to take home his dentures, BHN heard him speak clearly and converse with the dentist. Mr. H's thoughts were voiced audibly and made sense. It seems that his dentures had elevated his confidence. Everyone in the dental office congratulated him.

Now that he has his dentures, BHN has worked with Mr. H by showing him how to apply the adhesive, how he should insert his dentures and his daily denture routine. To test his understanding and for reinforcement, BHN has Mr. H continue to go over the instructions during each visit.

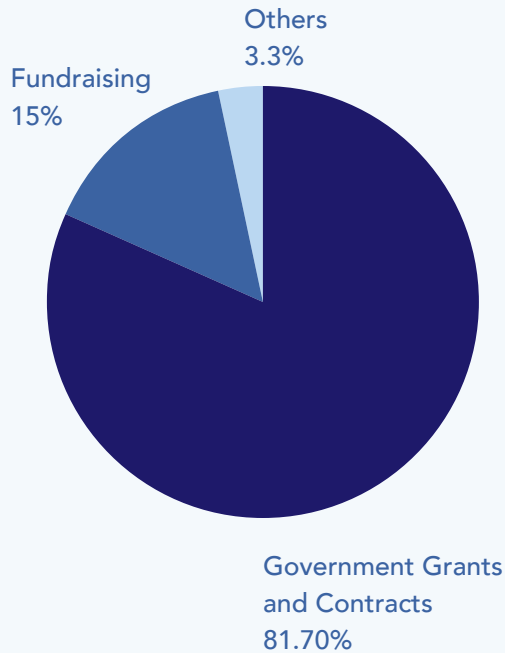
Mr. H continues to see BHN weekly, but now with a smile.



Year-End Financials

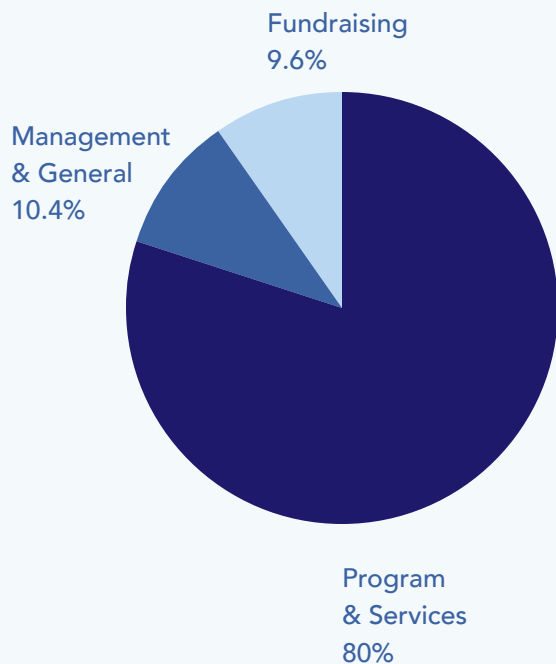
July 1, 2018 – June 30, 2019

Support & Revenue



Government Grants and Contracts	\$3,521,354	81.70%
Fundraising	\$646,793	15%
Others	\$141,666	3.3%
Total	\$4,309,813	

Expenses



Program and Services	\$3,437,324	80%
Management & General	\$447,350	10.4%
Fundraising	\$418,828	9.6%
Total	\$4,303,502	

Major Donors

Corporate and Foundation Support

A & M Printing
Abraham Ayad Memorial Fund
Adobe
Amazon Smile
America's Best Local Charity
American Cancer Society
Anonymous
AON Foundation
AXIS Capital
Bank of Guam
Joseph L. Barbonchielli Foundation
Bitter Badger, Inc.
ChevronTexaco Corporation
Community Living Campaign
Community Safety Foundation
Community Thrift Store
Compass
Compass SF V. Inc.
Cooley LLP
CORA — Community Overcoming Relationship Abuse
Crescent Porter Hale Foundation
Data Geeks Lab
Dolby Laboratories, Inc.
Eli & Mae Rosen Foundation
Facebook
Fanke Lanning for LGBT
Myrtle V. Fitschen Charitable
Gilead Foundation
William G. Gilmore Foundation
Home Instead Senior Care, San Francisco

Homebridge
Horizons Foundation
John Wiley Publishers
Joyal Homes Inc.
Kaiser Permanente
Marin Community Foundation
Marsh & McLennan Companies, Inc.
Metta Fund
Microsoft Corporation
Henry Mayo Newhall Foundation
Really Great Employee Benefits
Reed Smith, LLP
S & P Global Foundation
Saint Francis Memorial Hospital — Dignity Health
Salesforce.com Foundation
San Francisco Giants
San Francisco Health Plan
The George H. Sandy Foundation
SFPOA Community Service Committee Silicon
Valley Community Foundation
Elinor Smith Charitable Trust
Sterling Bank & Trust
Sutter Health
The Golden State Warriors Foundation
The Good Job Brothers Janitorial, LLC
The San Francisco Foundation
The Tides Foundation
Twitter, Inc.
Zendesk, Inc.

Major Donors

James Addicott
Amy Autry
Shoghig Balkian
Travis Barker
R. Duncan & Catherine Beardsley
Stephen R. Benzian, MD
Jack Bernstein
Simon Bertrand
John Biard
James David & Stephanie Bickham
Frank Billante
Michael Bryant
Emma Burke
Camille Campbell
Cynthia K. Ceres
Greg Chin
Chris Cooney
Rick Crane
Consuelo Crosby & James F. Curry
William Curry
Aviana D'Souza
John D'Souza
Kerry Dantzig
Angel & Jonrie Dávila
Ricki DeArmon
Surita Degan
Michael Dematty
Angela Di Martino
Sarah Dulaney
Marcy Bergman & David Durham
Patricia Dwyer
John Dwyer
Richard Ellis
Brigitte Garcia
Devin Garnick
Terri Garnick
Richard & Patricia Gibbs
Nick Gopnik-Lewinski
Nalraj Gounder
Christine Graffam
Jesus Leon Guerrero
Ja Eun Guerrero Huh
Sally Hatchett
Pamela E. Herlich
Bridget Holian
James Hormel

Susan K. Horst
Mary Hulme
Karen Iacobucci
James Illig
Javier Davila & Maynard Jenkins
Graham Johnson
Dave Joves
Sean Kanakaraj
Gay Kaplan
Pepper Karansky
Peggy Kavounas
Angela Kenny
Zafir Khan
John Kinnane
Judith Kline
Barbara Knego
Asya Kripalani
Brandon Kroupa
Hillary Lannan
Susan Lawless
Rick Levy
Fred Lewis
Ramey Littell
Dwayne Machinski
Ali Machum
Reza Mahmoodi
Colleen McDonald
Mary Anne McGuire-Hickey
Shawn McKenna
John McKinnon
Rae Mignola
Zac Miyashiro
Radha Nayak
Michelle Noble
Alycia Norton
Susan Obata, MD
John & Alisa Oberschelp
Cynthia OBrien
Rebecca Oginni
Devesh Patel
Pareshkumar Patel
Parin Patel
Kiet Lam and Pauline Le
Steven & Lisa Pena
Christopher Perez
Connie Perez

Kathryn Petit
Mary Pless
Patricia Pritchett
Dennis & Vicky Quinn
John & Shirley Quitugua
Marnie Regen
Colin Reinhart
Lisa Reinhart
Helen Ripple
Josie Roen
Patricia Salber, M.D.
Josh Schiller
Zack Schiller
Jacqueline Schindler
David Scott
Joan Scott
Mary Jo Segal
Sasha Selvam
Kevin & Diane Shannon
Robert & Katherine Sharp
Wayne Gilbert & Diane Sklar
Mary L. Slusher
Stephen Stoll
Brian & June Strunk
Richard & Jeanette Sullivan
Richard Sutherland
Pat Swan
Christina Tom
Ann Tuszynski
Feroza Unvala
Sarah Vargas
Margaret Wallhagen
Hillary Walsh
TJ Warfield
Jennifer Watson
David Werdegar, MD, MPH
Amy Whalen
Diane B. Wilsey
Linda Winn
Eddie Wong
William & Liz Wrigglesworth
Kay Yatabe
Melissa Yeung
Marcus & Wendy Zachary
Catherine Chodorow & Dr. Richard Zercher

Individual Support



333 Turk St.
San Francisco, CA 94102

Phone 415-920-1351

curryseniorcenter.org

